



## **Let Your Pets Benefit Your Mental Health During National Mental Health Awareness and National Pet Month**

Operation Kindness, a North Texas animal welfare organization, shares ways owning a pet can benefit mental health during National Mental Health Awareness Month

CARROLLTON, TX (May 13, 2025) — May marks National Mental Health Awareness and National Pet Month, a time to recognize mental health, learn ways to improve personal wellness and of course — celebrate pets! While cats and dogs make cute and cuddly companions, they can also bolster your overall mental and physical health. Texas animal welfare non-profit [Operation Kindness](#) shares ways that being a pet parent can boost your wellbeing.

### **Pets Decrease Stress**

Animals provide comfort during times when life can feel a bit overwhelming. According to [Johns Hopkins Medicine](#), pets lower the stress hormone cortisol while increasing positive hormones like oxytocin. Coming home to a furry friend is a perfect way to end your day and is a great companion to relax with!

### **Pets Help Your Physical and Mental Health**

When you first become a pet owner, your lifestyle is altered to fit your pet's needs. For dog owners, this might mean taking more walks with your pup. Daily exercise is important but is something people forget about in their day-to-day routines. Having a furry friend that requires exercise holds you accountable not only for them, but also for your own health. Taking short strolls outside can energize you and is the perfect time to decompress after a long day.

### **Provides Companionship**

It's easy to feel a bit lonely, especially if you live alone or are new to an area. Pets make loyal companions that you can turn to when you just need some extra company. Plus, taking your pet with you to explore places and try different activities can be a great way to meet other people.

### **Stabilizes Your Routine**

Having a daily routine is shown to [improve](#) your mental health, sleep and stress. A new pet can help motivate you to stick to a productive daily routine throughout the year. Taking your dog on a morning walk, playing with your cat before bed or making sure you are feeding your pet at their scheduled time are all perfect ways to establish a stable routine for both you and your pet.

### **Meeting Adoptable Pets at Operation Kindness**

Operation Kindness has multiple [North Texas locations](#) to adopt available cats and dogs. While adopting a pet isn't a possibility for some, Operation Kindness encourages community members to take pets out for a day through their [Kindness on the Go program](#). This foster program allows you to spend quality time with a shelter dog, which can benefit you and the pup.

Interviews available upon request.

B-roll is available [here](#).

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### **About Operation Kindness**

Operation Kindness, a 501(c)(3) non-profit animal welfare organization, operates a lifesaving animal shelter and programs to assist people and pets. Founded in 1976, Operation Kindness is a pioneer in Texas for assisting animals in need of veterinary care, companionship and, most of all, a home.

In addition to pet adoptions and lifesaving medical care, Operation Kindness' programs provide foster care for vulnerable animals, behavior and training support for pet parents, affordable veterinary services for community pets, a pet food pantry, volunteer opportunities and professional training. To learn more about Operation Kindness, please visit their website at [www.operationkindness.org](http://www.operationkindness.org).

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